

			Sample menus for a 2000 calorie food pattern						
			Averaged over a week, these menus provide all of the recommended amounts of food from each food group.						
	DAY 1			DAY 2			DAY 3		DAY 4
	Breakfast			Breakfast			Breakfast		Breakfast
	Oatmeal w/ raisins:		1 cup	Bran flake cereal with		1 1/4 cup	Puffed wheat cereal with		1 Whole wheat English muffin
1 cup	<i>Oatmeal, cooked</i>		1 cup	<i>Lowfat Milk</i>		2 Tbsp	<i>Raisins</i>		1 tsp <i>soft margarine, unsalted</i>
2 Tbsp	<i>Raisins, seedless</i>		1 small	<i>Banana</i>		1 cup	<i>Lowfat Milk</i>		1 medium Grapefruit
1/2 cup	<i>Low-fat Milk</i>		1 slice	Whole wheat toast		1 small	Banana		1 cup Lowfat Milk
1 cup	Orange juice		1 cup	Grapefruit juice		1 slice	Whole wheat toast with		
	Lunch			Lunch			Lunch		Lunch
	Southwestern Salad		1 cup	Potato Soup			Ham sandwich:		1 1/2 cup Tuna Pasta Salad
1	Corn Tortilla		1 oz	wheat crackers		2 slices	<i>Whole wheat bread</i>		1 Slice Rye Bread
1/2 cup	Cantaloupe		6	Carrot sticks		1/4 cup	<i>Lettuce</i>		1/2 cup Celery
1 cup	Lemon-flavored iced tea		1/2 cup	Lowfat Milk		2 slices	<i>Tomato</i>		1/2 cup Mandarin Oranges, canned in juice
						2 oz	<i>Ham, sliced</i>		1 cup Fruit yogurt, low-fat
						1 oz	<i>American cheese slices</i>		
						1 Tbsp	<i>Mayonnaise</i>		
						3/4 cup	Baked Beans		
						1 medium	Apple		
						1/2 cup	Lowfat Milk		
	Dinner			Dinner			Dinner		Dinner
3/4 cup	Turkey Stir Fry		3 oz	Beef Pot Roast		3 oz	Baked Spicy Fish		1 1/4 cup Chicken and Vegetables
1 cup	Brown Rice		1cup	Egg noodles with		1 cup	Brown Rice		1 Cup Scalloped Potatoes
1	Whole wheat dinner roll		<i>1/2 tsp</i>	<i>soft margarine</i>		1 cup	mashed, baked Sweet Potato		1/2 cup Grapes
1/2 cup	Peach Apple Crisp		1 cup	Green Beans		1 tsp	<i>Ground cinnamon</i>		1 slice Whole wheat bread
1/2 cup	Low-fat Milk		1 medium	Apple		1/2 cup	Turnip Greens		1 cup Lowfat Milk
			1/2 cup	Rice Pudding		2	Oatmeal Cookies		
			1 cup	Lowfat Milk		1/2 cup	Lowfat Milk		
	SNACK			SNACK			SNACK		SNACK
1/2 cup	Pears, canned in juice		3 cups	Plain Popcorn		1/2 cup	Apple sauce		1/2 cup Baked Crispy Potatoes
1/2 cup	Orange gelatin salad		1 cup	Water		8 oz	Lowfat plain yogurt		1 cup Apple juice

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		DAY 5			DAY 6		DAY 7
		Breakfast			Breakfast		Breakfast
	2 slices	Whole wheat toast with		1	Scrambled egg	2 slices	Fantastic French Toast
	2 tbsp	<i>Peanut Butter</i>		1/2 cup	Hashed Browned Potatoes	2 Tbsp	<i>Maple syrup</i>
	1 cup	Banana Slices		1 slice	Whole wheat toast with	1/2 c	Kiwi fruit
	1 cup	Lowfat Milk		1 tsp	<i>soft margarine</i>	3/4 c	Honeydew melon
				1 cup	Orange juice	1 cup	Lowfat Milk
				1 cup	<i>Lowfat Milk</i>		
		Lunch			Lunch		Lunch
		Grilled Cheese Sandwich:		3 oz	Baked Chicken Nuggets	3 oz	Baked Cod with Cheese
	2 slices	<i>Whole wheat bread</i>		1 1/2 cup	Macaroni Salad	1 cup	Black beans with
	2 slices	<i>Tomato</i>		3/4 cup	Peas with	1/4 cup	Green Pepper
	2 oz	<i>American cheese slices</i>		1/4 tsp	<i>soft margarine</i>	1/4 cup	Onion
	1 cup	Ranch Beans		1/2 cup	Pears, canned in juice	3/4 cup	Broccoli with 1 tsp margarine
	1/2 cup	Celery		1 cup	Lowfat Milk	1	Whole wheat dinner role
	1/2 cup	Fruit cocktail, canned in juice					
	1/2 cup	Lowfat Milk					
							Dinner
		Dinner			Dinner		Spaghetti and meatballs
	3 oz	Oven Baked Chicken		1 serving	Pizza Meat Loaf	3/4 cups	<i>Spaghetti noodles</i>
	1 cup	mashed, baked Sweet Potato		3/4 cup	Yellow sweet corn	1/2 cup	<i>Tomato suace</i>
	1 tsp	<i>Ground cinnamon</i>		3/4 cup	Spinach	3	Baked Meatballs
	1/2 c	Broccoli with		1/2 cup	Pineapple	1 slice	French bread
	1 tsp	<i>soft margarine</i>		1	Whole wheat dinner roll	1 cup	Baby spinach leaves salad with
	1	Whole wheat dinner roll		1/2 cup	Non fat frozen yogurt	3 tsp	<i>Fat free vinagreete dressing</i>
	1/2 cup	Peaches, canned in light syrup		1/2 cup	Lowfat Milk	1 cup	Lowfat Milk
	1 cup	Low fat Milk					
							SNACK
		SNACK			SNACK	1	Apple
	3 Tbsp	Chickpea Dip		2 Tbsp	Chili Bean Dip	8 oz	Lowfat plain yogurt
	1 piece	Pita bread		1/2 piece	Pita bread		

	Sample menus for a 2000 calorie food pattern			
	Food Group	Avg. Daily	Nutrient	Weekly
		Amount		Average Amount
	Total Grains (oz eq)	5.9	Calories	1997
	Whole Grains	4.0	Protein, g	97
	Refined Grains	1.9	Protein, % kcal	19
	Total Veg* (cups)	2.6	Carbohydrate, g	298
	Fruits (cups)	2.4	Carbohydrate, % kcal	60
	Milk (cups)	3.1	Total fat, g	52
	Meat/ Beans (oz eq)	5.4	Total fat, % kcal	23
	Oils(tsp)	4.4	Saturated fat, g	17
			Monounsaturated fat, g	17
	*Vegetable subgroups		Polyunsaturated fat, g	12
		(weekly totals)	Linoleic Acid, g	10
	Dk-Green Veg (cups)	3.0	Alpha-linolenic Acid, g	1.0
	Orange Veg (cups)	2.5	Cholesterol, mg	234
	Beans/ Peas (cups)	3.0	Total dietary fiber, g	34
	Starchy Veg (cups)	3.5	Potassium, mg	4124
	Other Veg (cups)	6.5	Sodium, mg	1791
			Calcium, mg	1542
			Magnesium, mg	476
			Copper, mg	2
			Iron, mg	20
			Phosphorus, mg	1814
			Zinc, mg	16
			Thiamin, mg	2.1
			Riboflavin, mg	2.7
			Vitamin B6, mg	3
			Vitamin B12, mcg	5
			Vitamin C, mg	184
			Vitamin E, mg (AT)	11
			Vitamin A, mcg (RAE)	1094
			Dietary Folate Equivalents,	584
	Note: Although low-fat milk and yogurt has been selected in these example menus, fat-free milk and yogurt can be chosen instead.			